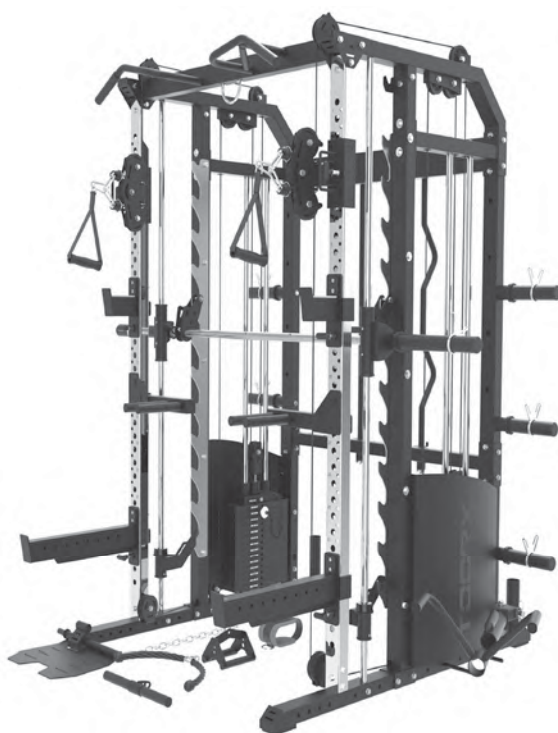


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



# ASX 4500

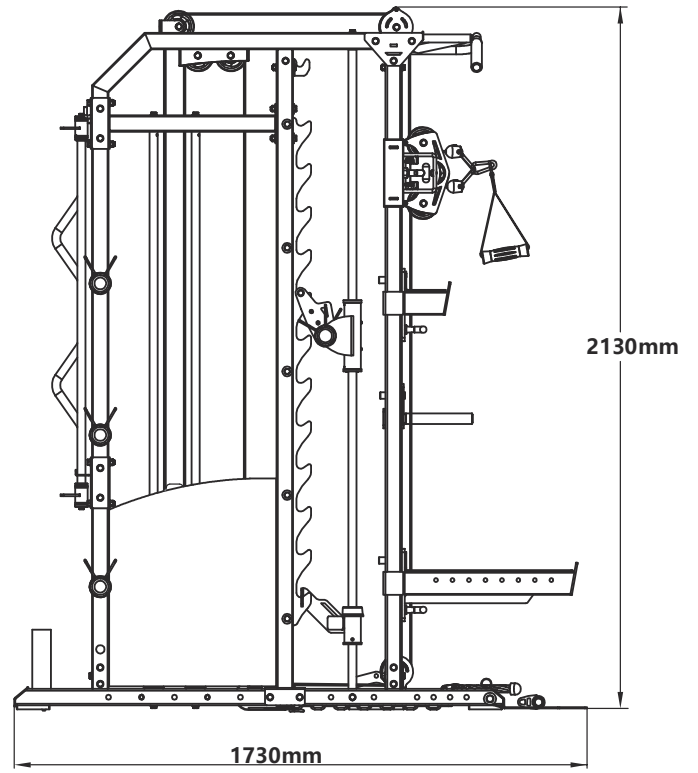
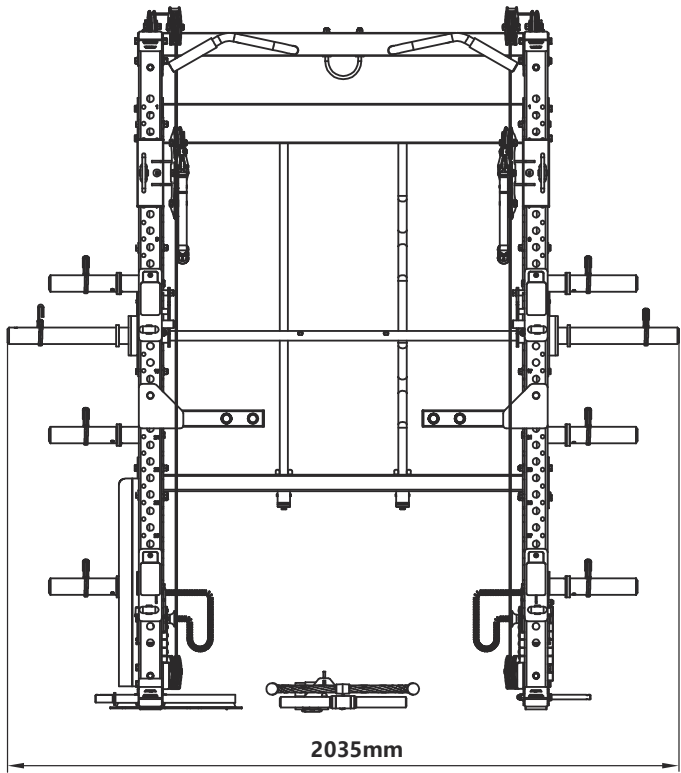


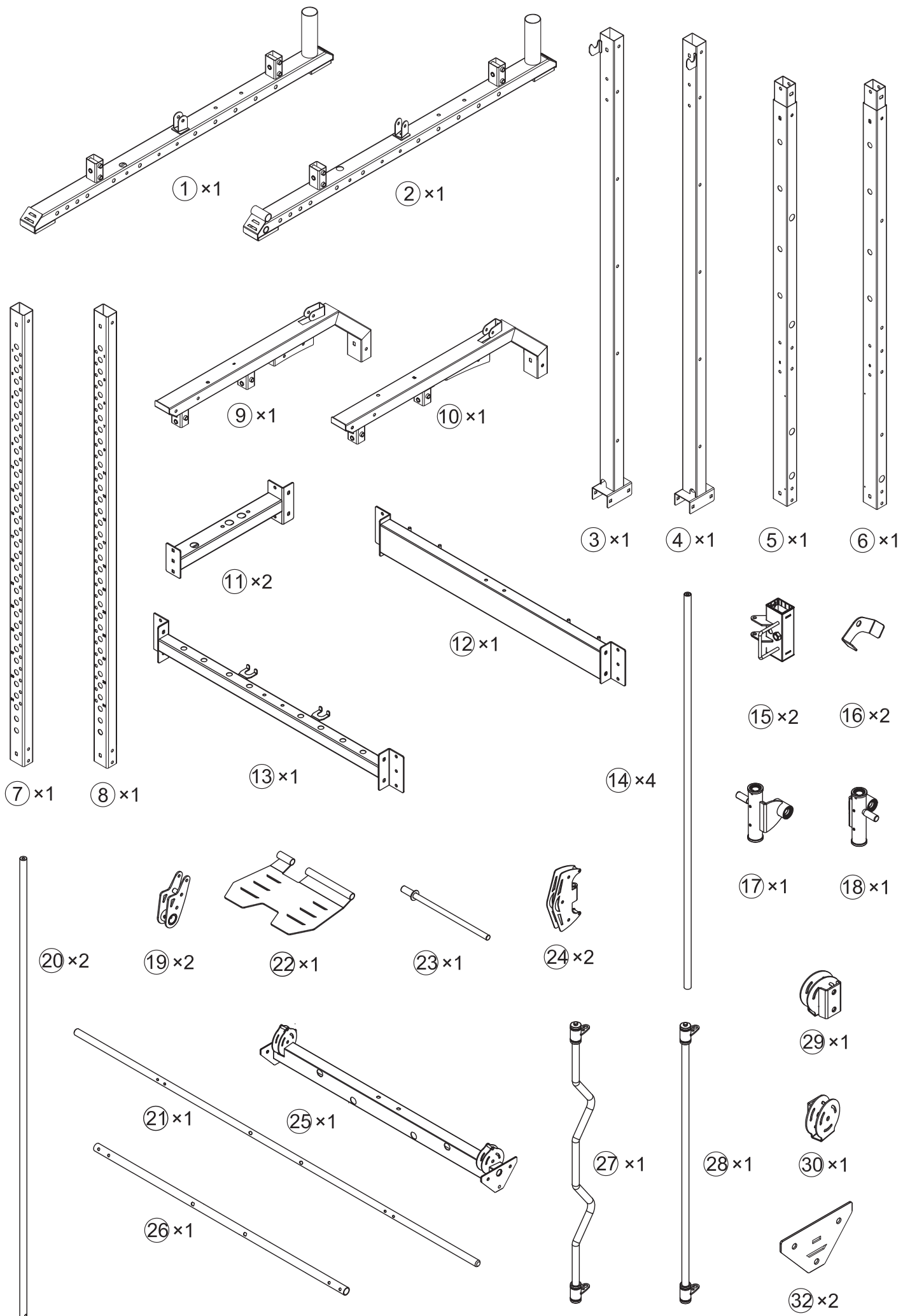
Cod : GRLD TOORXASX4500

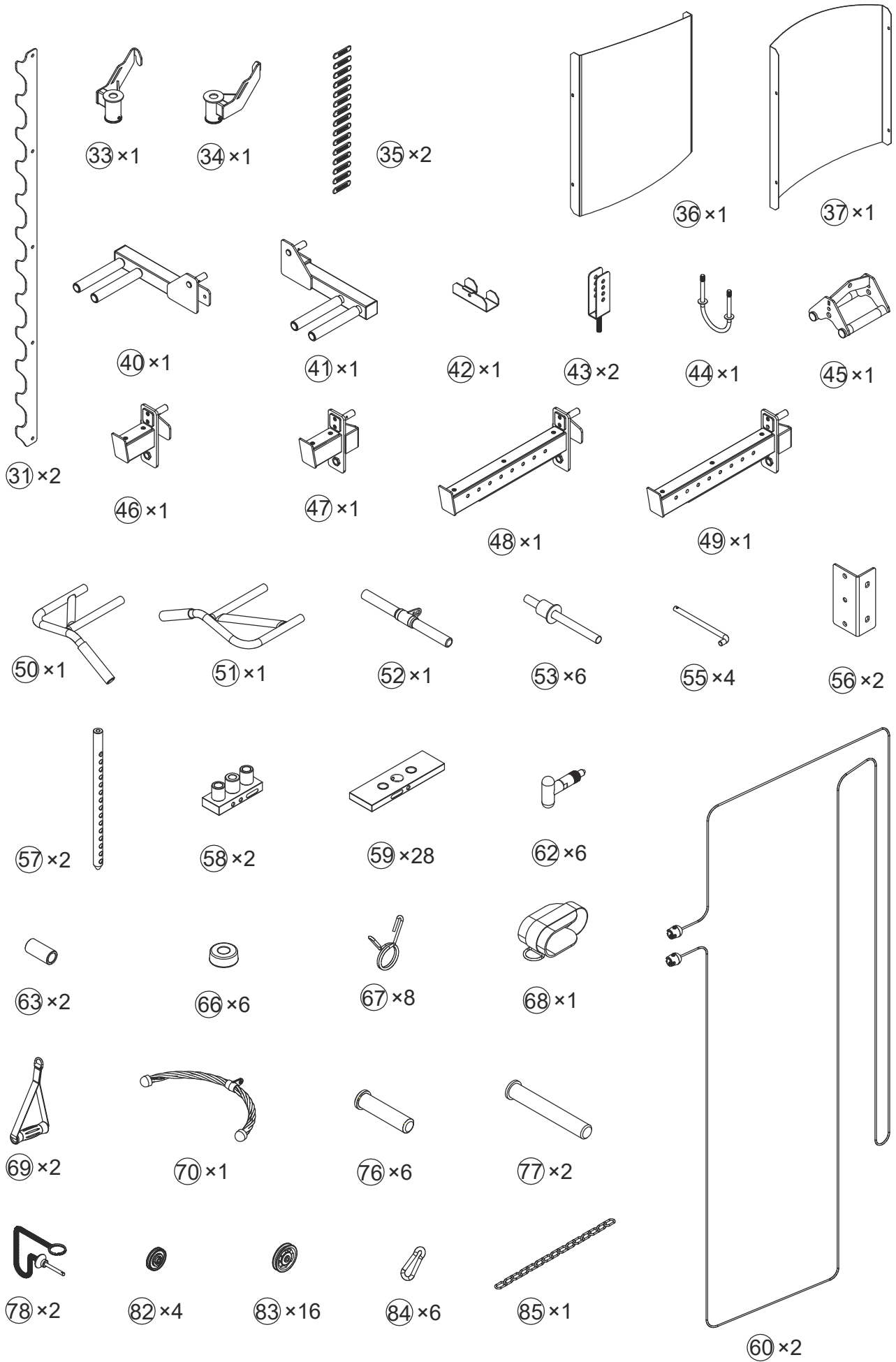
Rev : 00

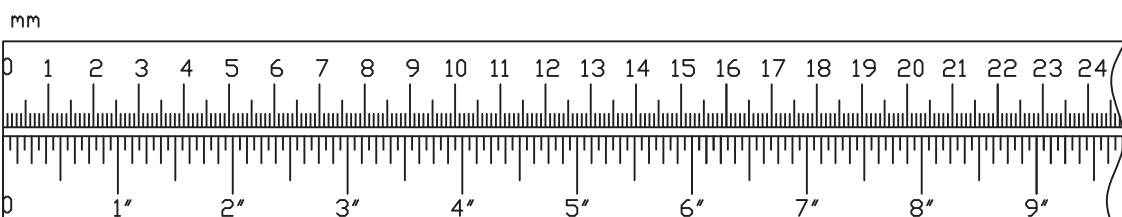
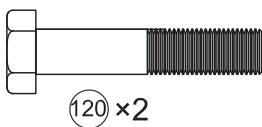
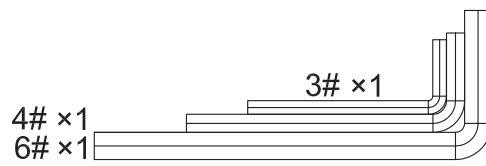
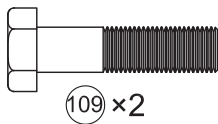
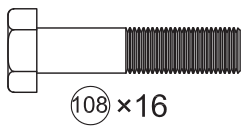
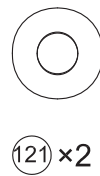
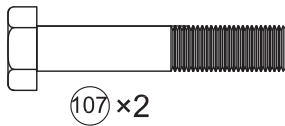
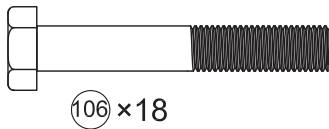
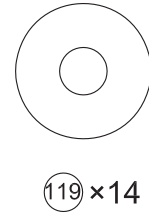
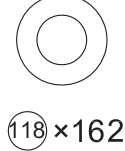
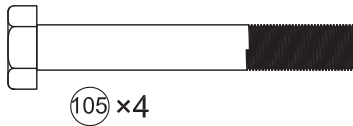
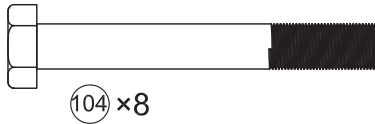
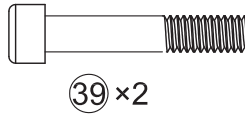
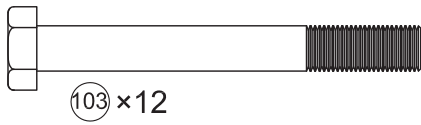
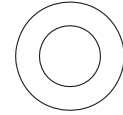
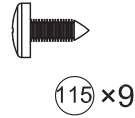
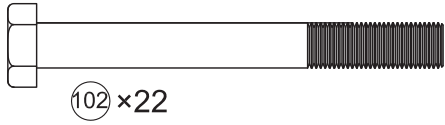
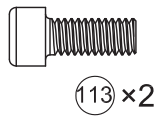
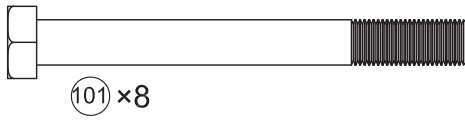
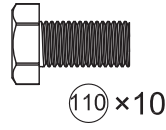
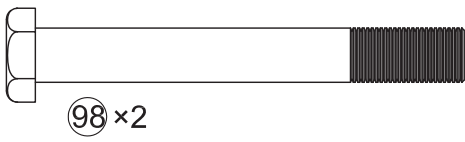
Ed : 04/23

**Assembled Dimension: 2035mm x 1730mm x2130mm**

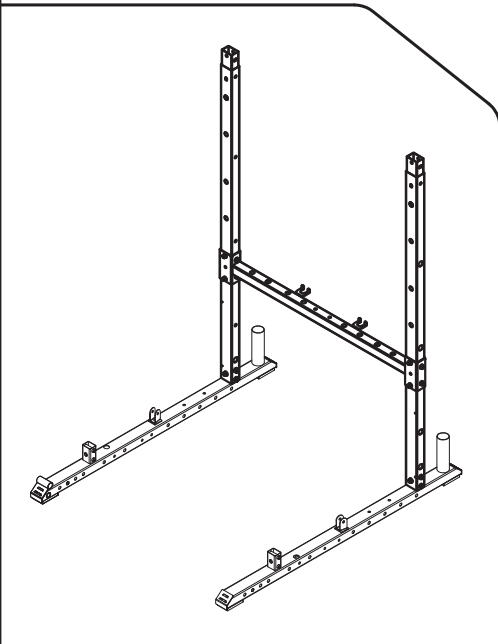
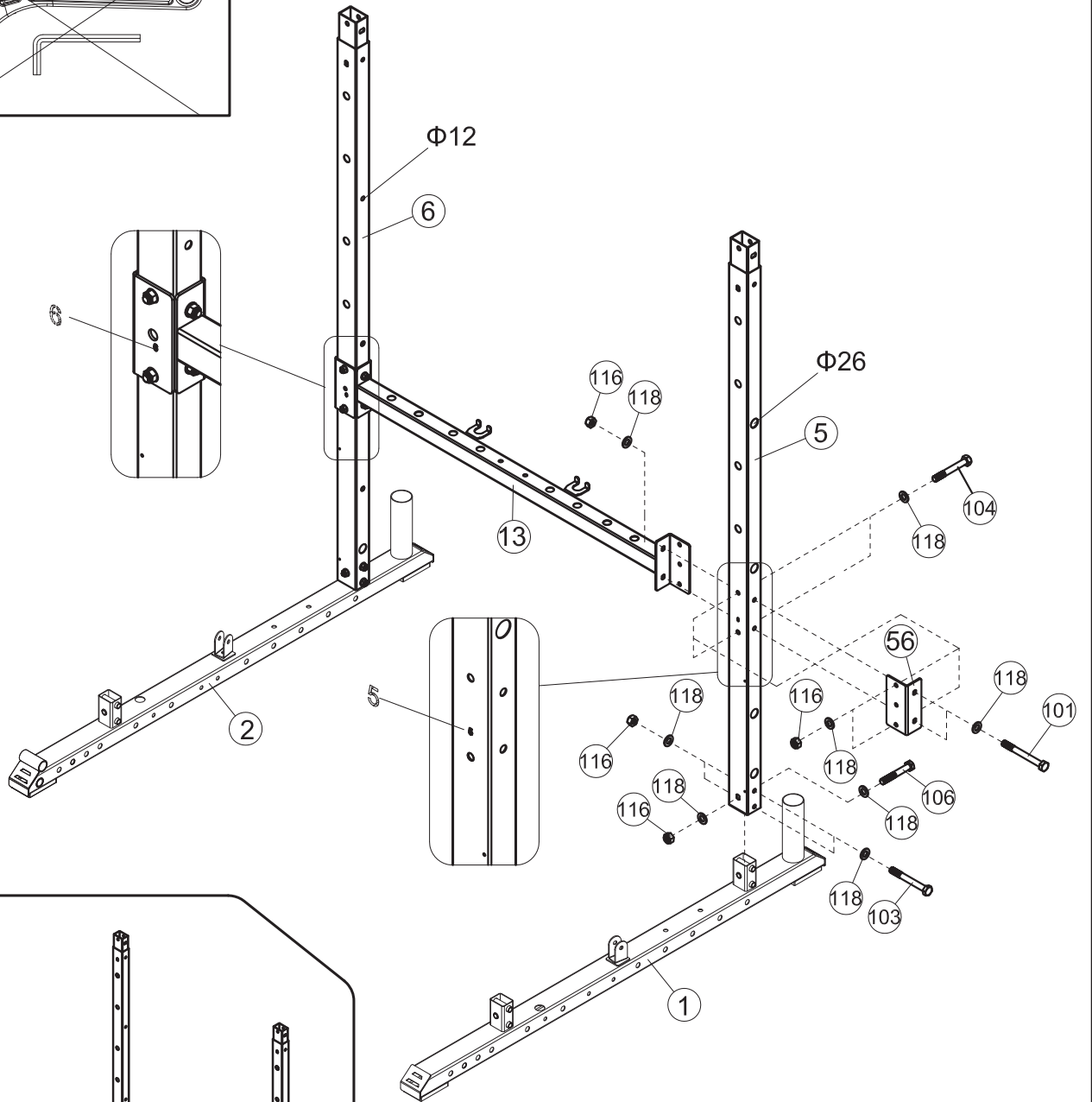
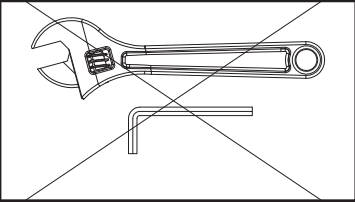








- |    |  |    |        |    |  |     |        |
|----|--|----|--------|----|--|-----|--------|
| ⑩1 |  | x4 | M10x95 | ⑩6 |  | x2  | M10x65 |
| ⑩3 |  | x4 | M10x85 | ⑩8 |  | x28 | Φ10    |
| ⑩4 |  | x4 | M10x75 | ⑩6 |  | x14 | M10    |



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x4

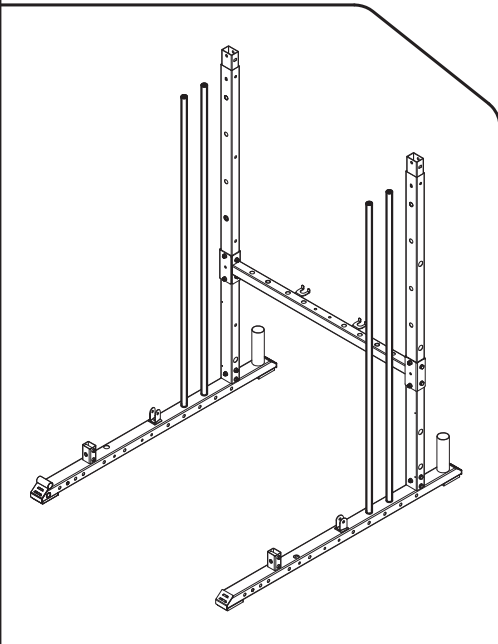
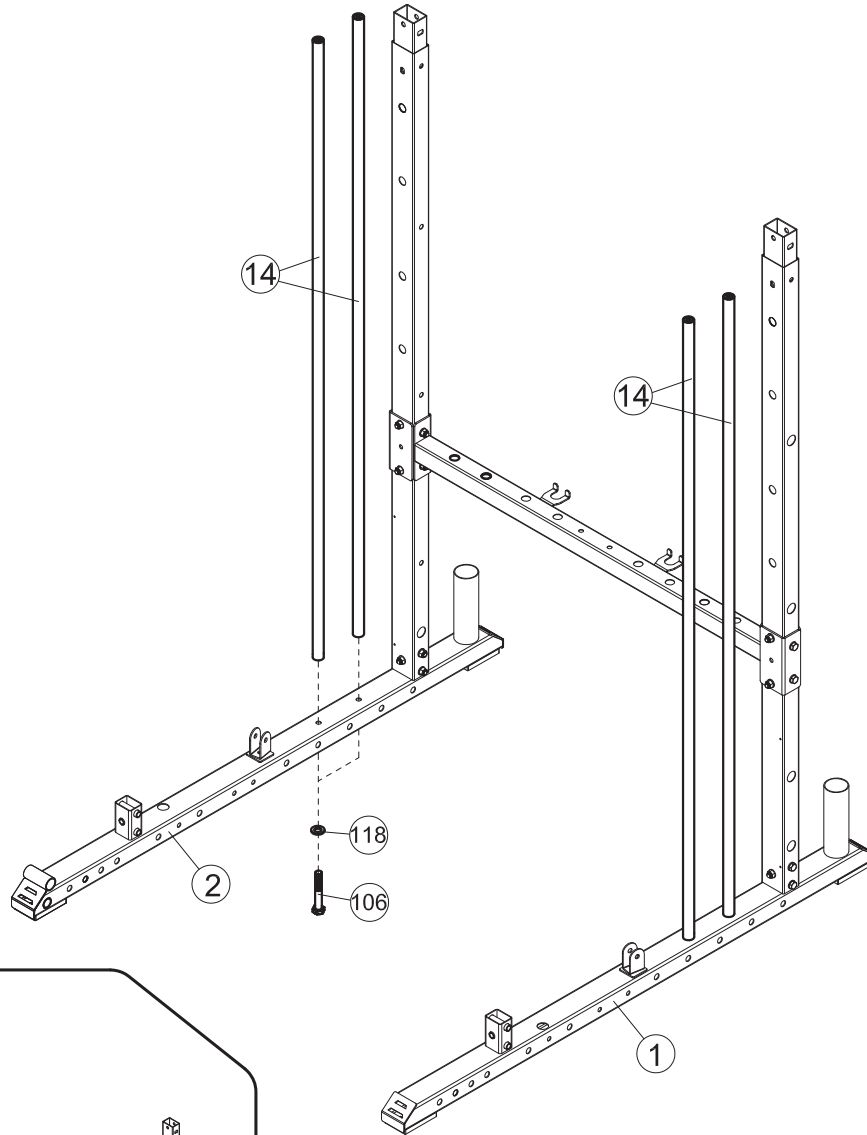
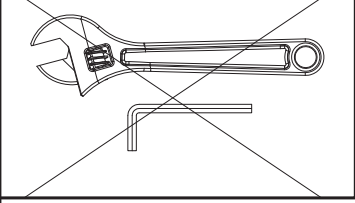
M10x65

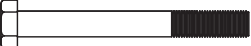

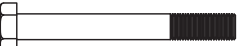


118

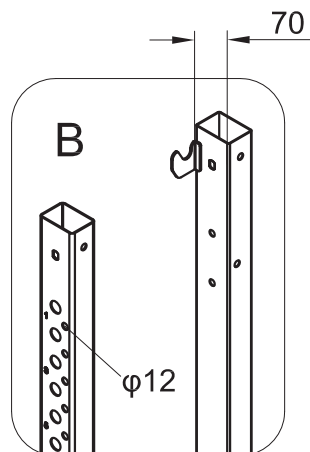
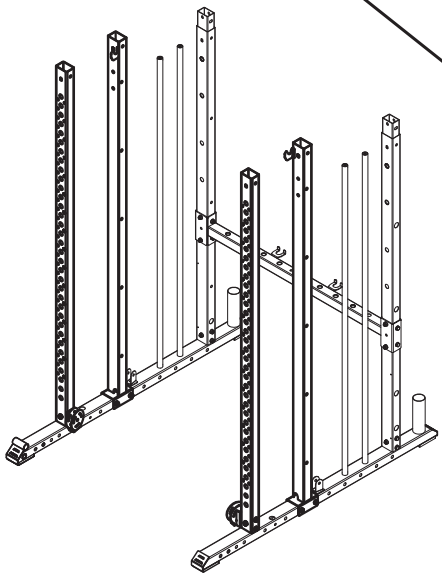
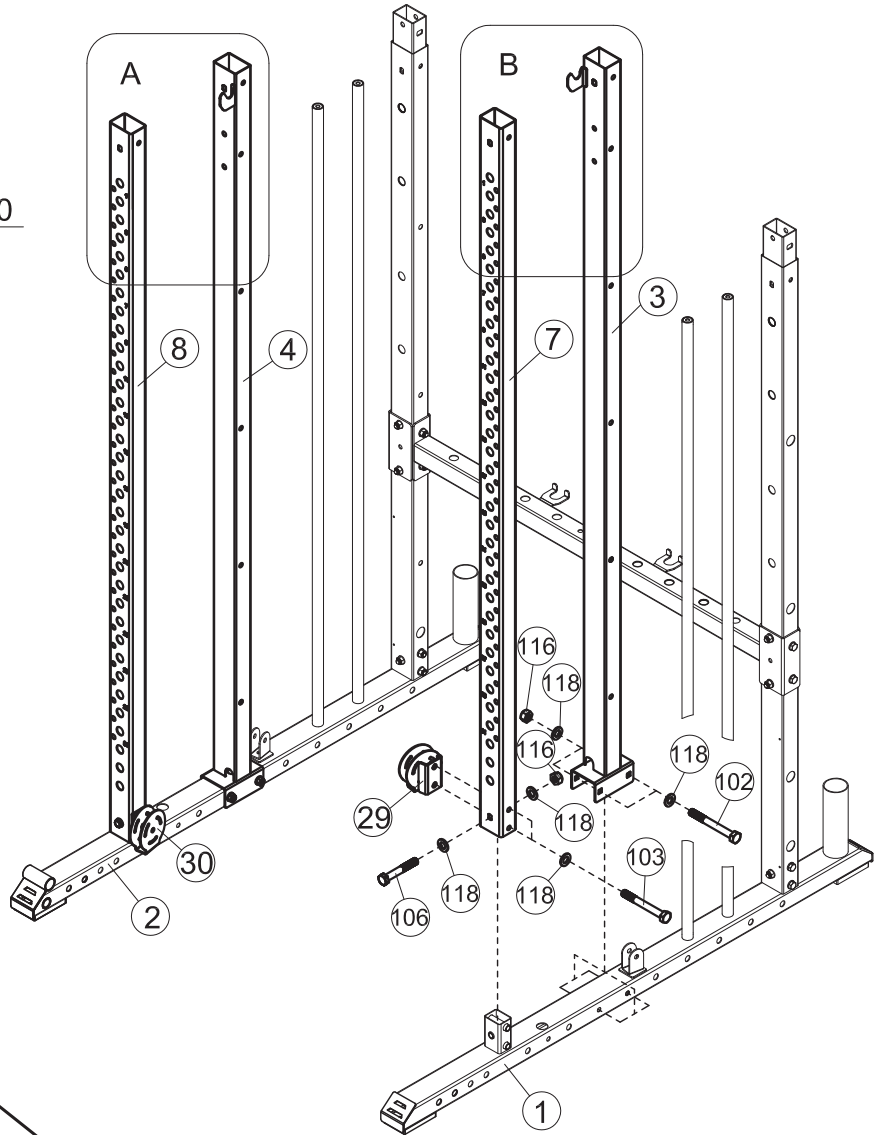
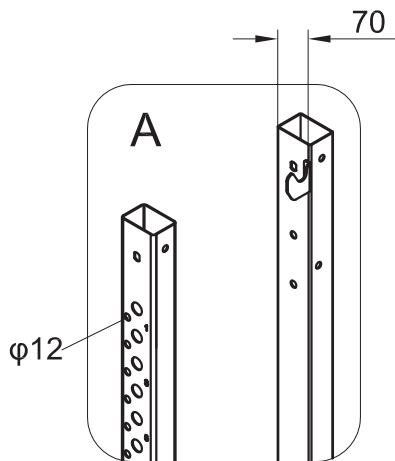
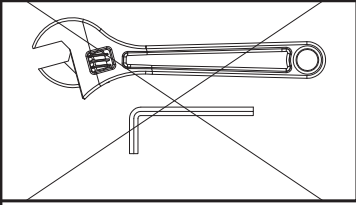


x4

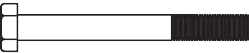





Φ10

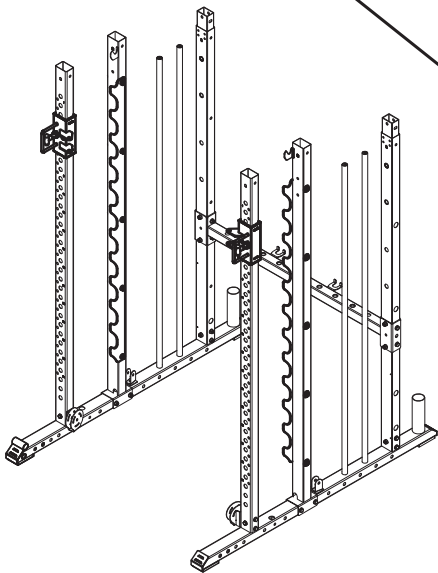
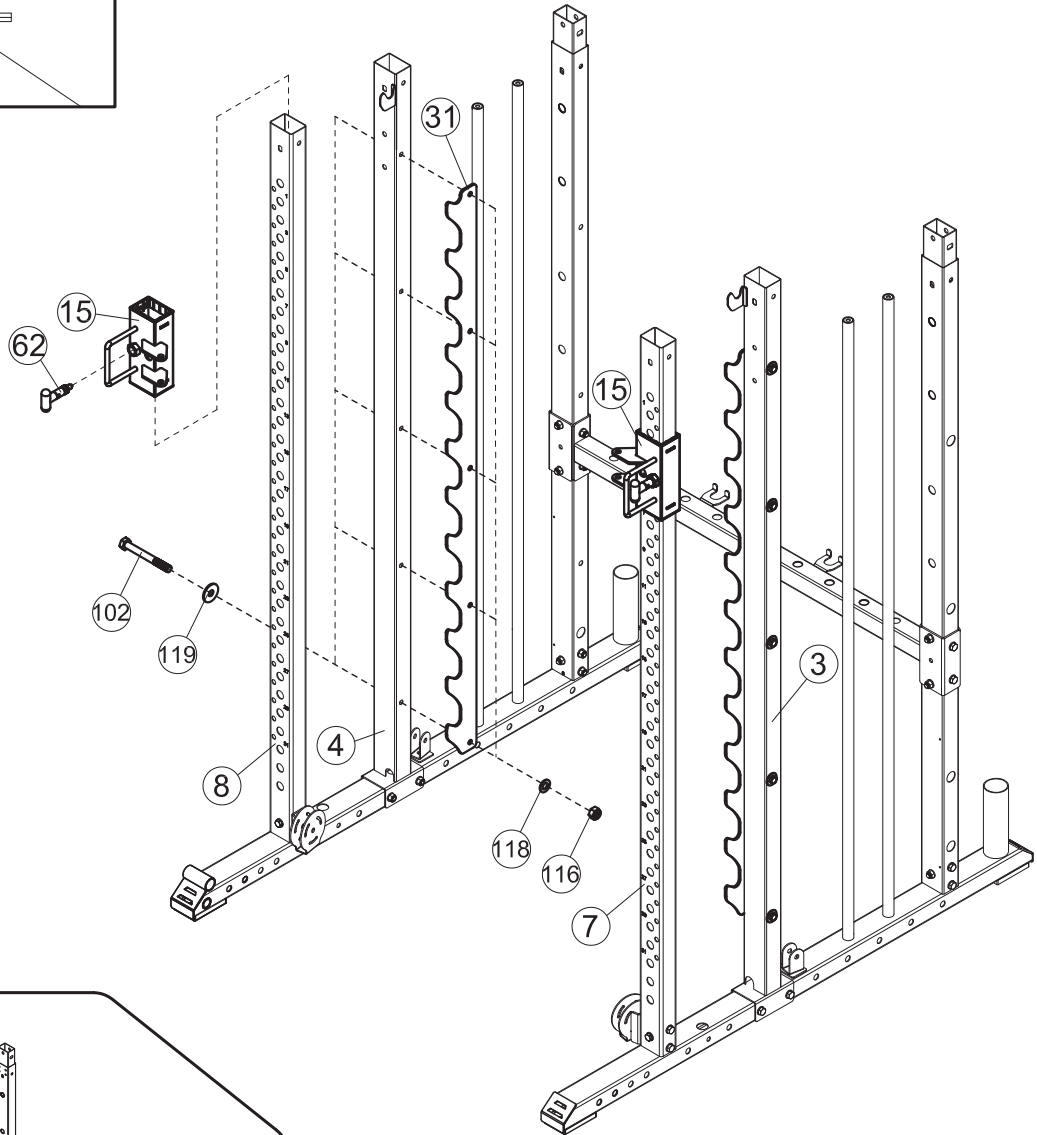
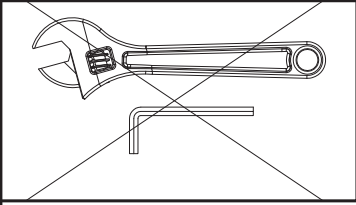


- |    |   |    |        |    |  |     |        |
|----|---|----|--------|----|--|-----|--------|
| ⑩② |  | ×4 | M10×90 | ⑩⑥ |  | ×2  | M10×65 |
| ⑩③ |  | ×4 | M10×85 | ⑪⑧ |  | ×16 | Φ10    |
|    |   |    |        | ⑪⑥ |  | ×6  | M10    |





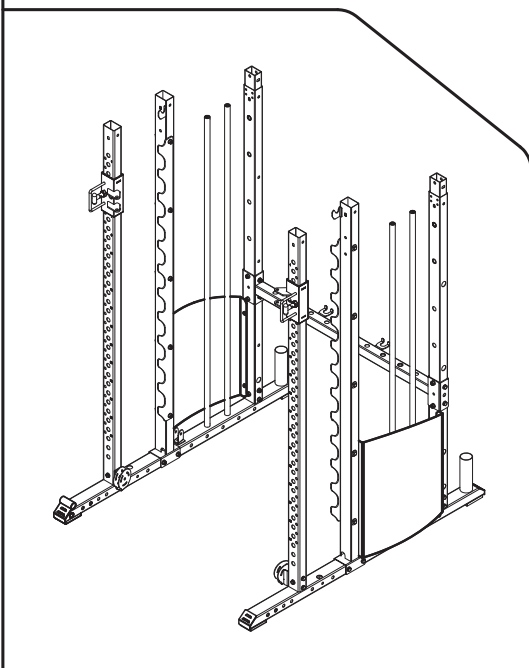
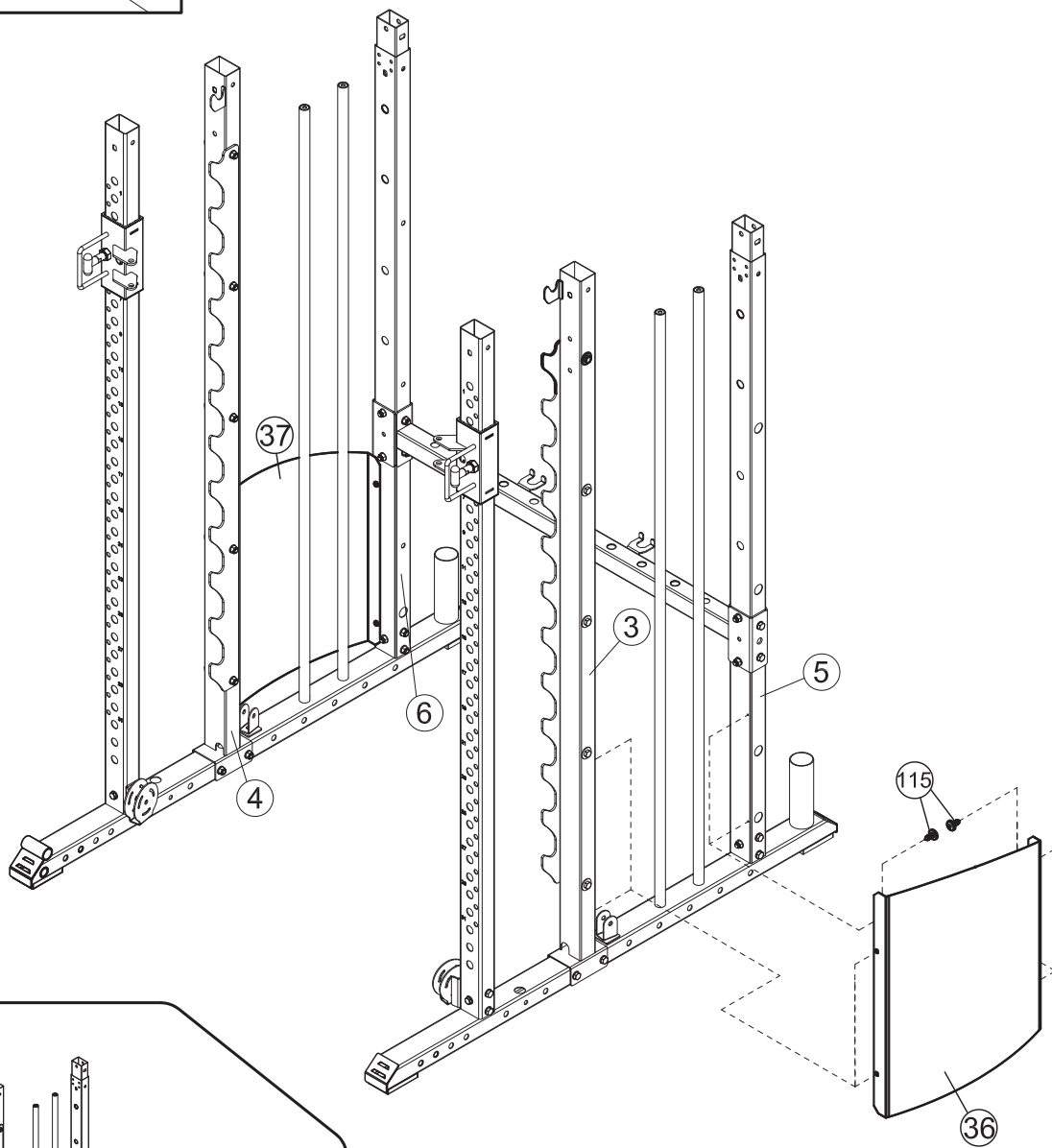
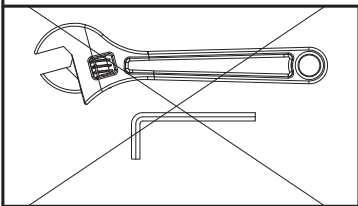
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|----|---|-----|--------|----|--|---|-----|---------|
| ⑩② |  | ×10 | M10×90 | ⑪⑨ |  |  | ×10 | Φ30×Φ10 |
| ⑪⑧ |  | ×10 | Φ10    | ⑪⑥ |  |  | ×10 | M10     |

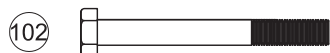


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×8 ST4.8×13





x2 M10x90

116

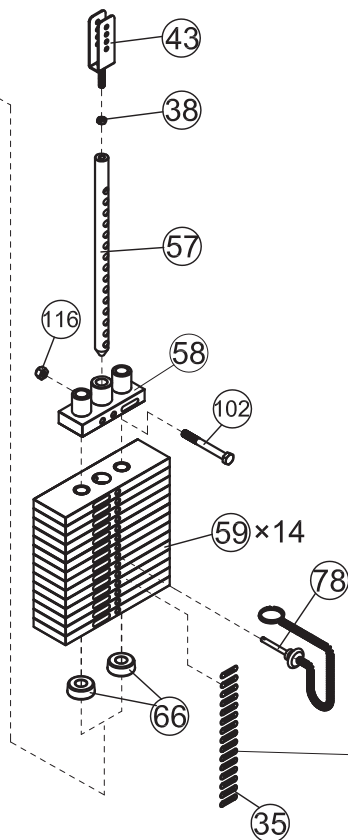
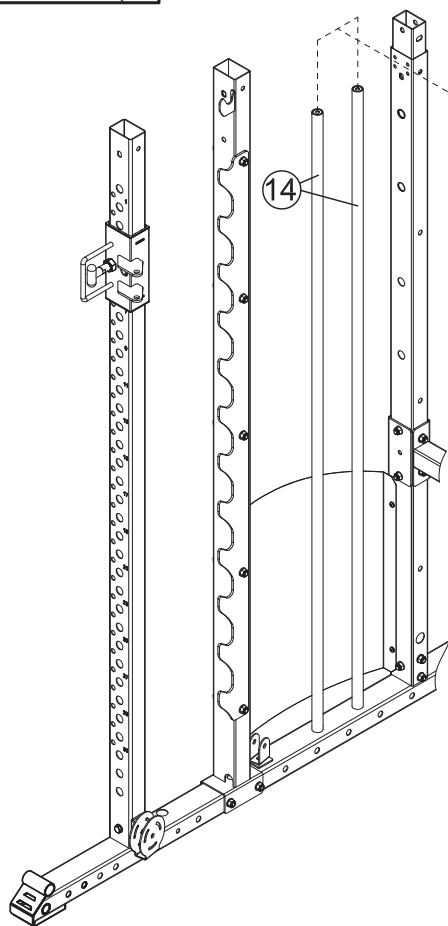
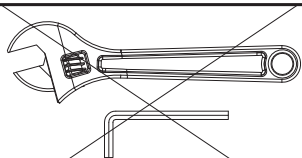


x2 M10

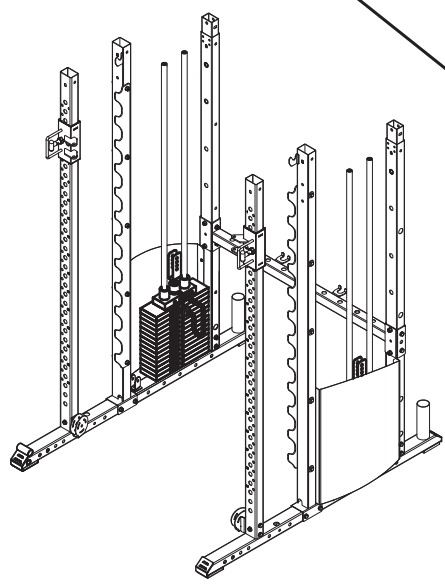
38

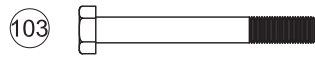


x2 M12



- 6KG/13LB
- 12KG/26LB
- 18KG/39LB
- 24KG/52LB
- 30KG/65LB
- 36KG/78LB
- 42KG/91LB
- 48KG/104LB
- 54KG/120LB
- 60KG/133LB
- 66KG/146LB
- 72KG/159LB
- 78KG/172LB
- 84KG/185LB
- 90KG/198LB

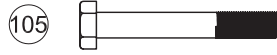




×2 M10×85



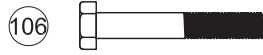
×16 Φ10



×4 M10×70



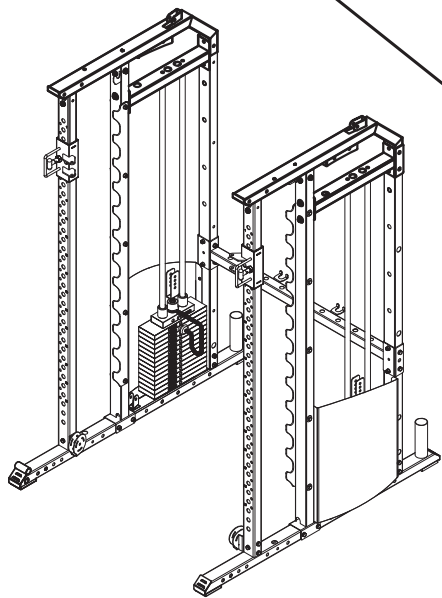
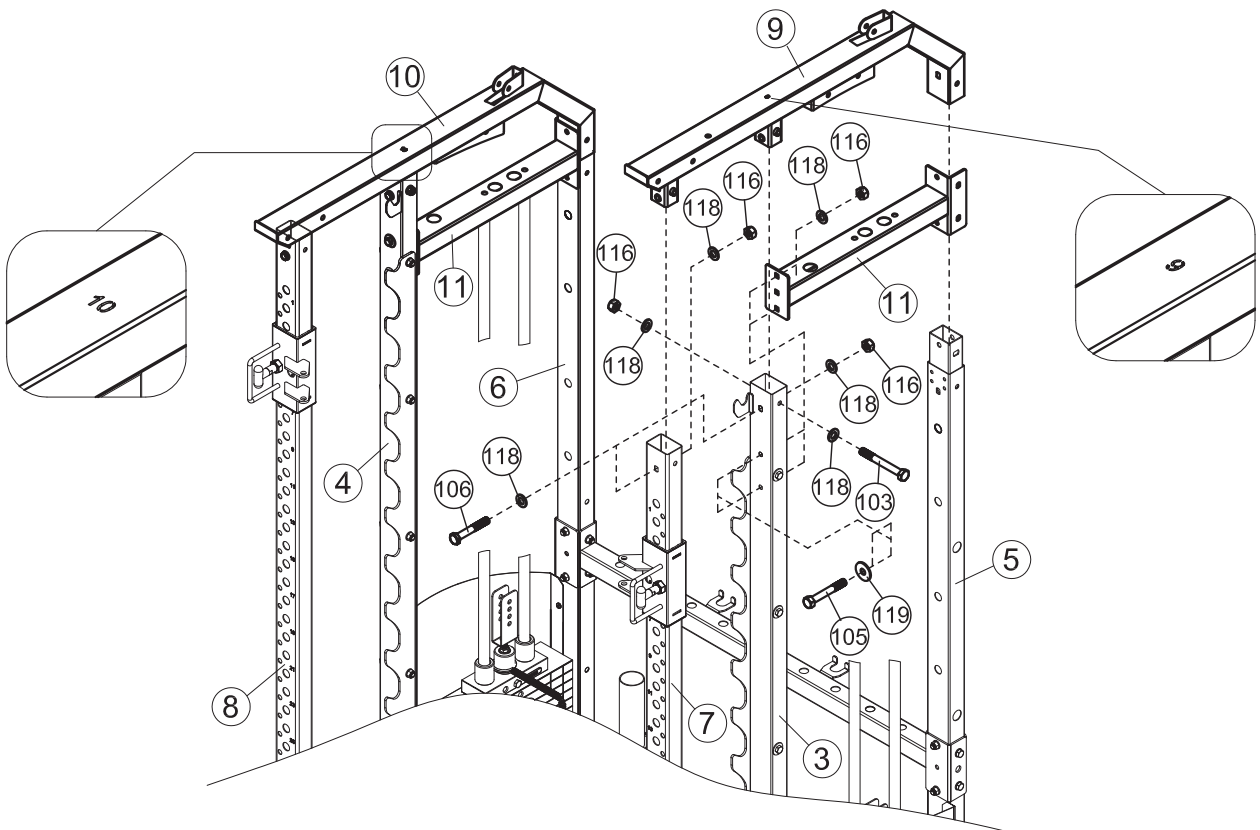
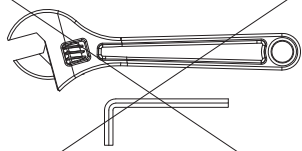
×4 Φ30×Φ10

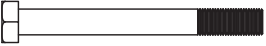






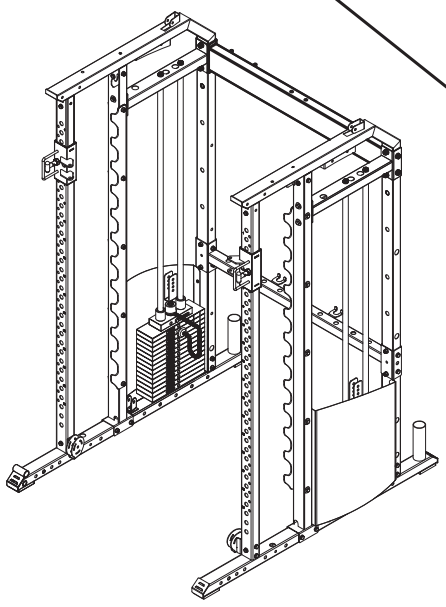
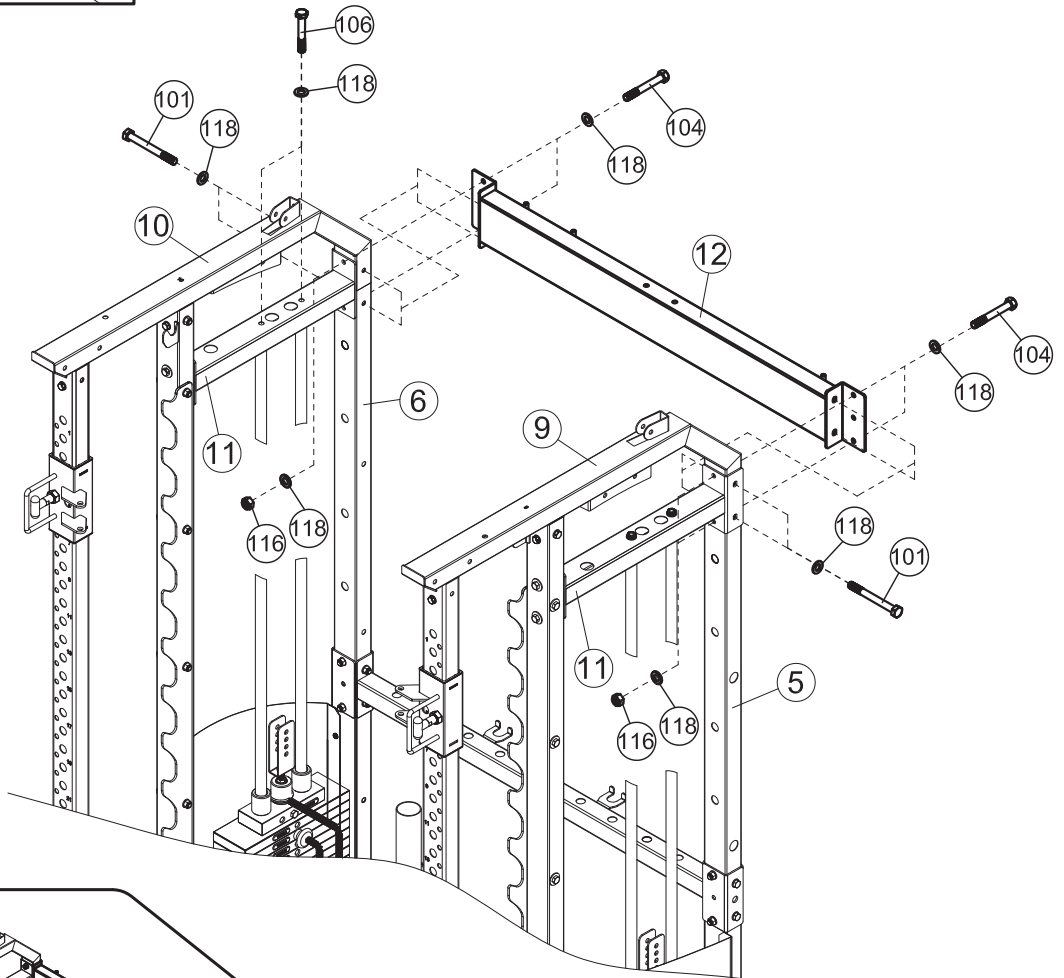
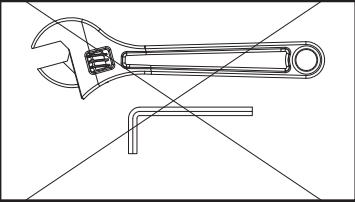
×4 M10×65

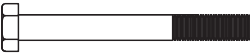





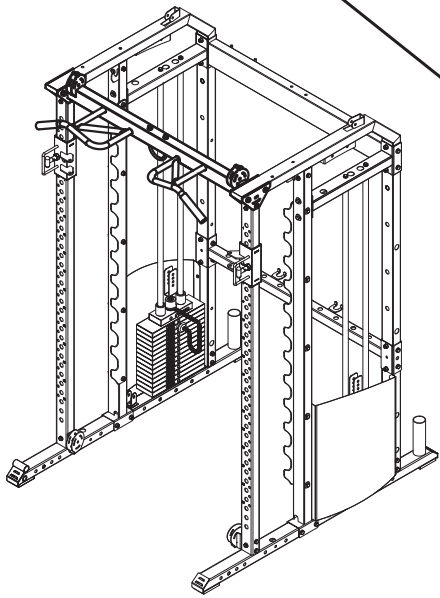
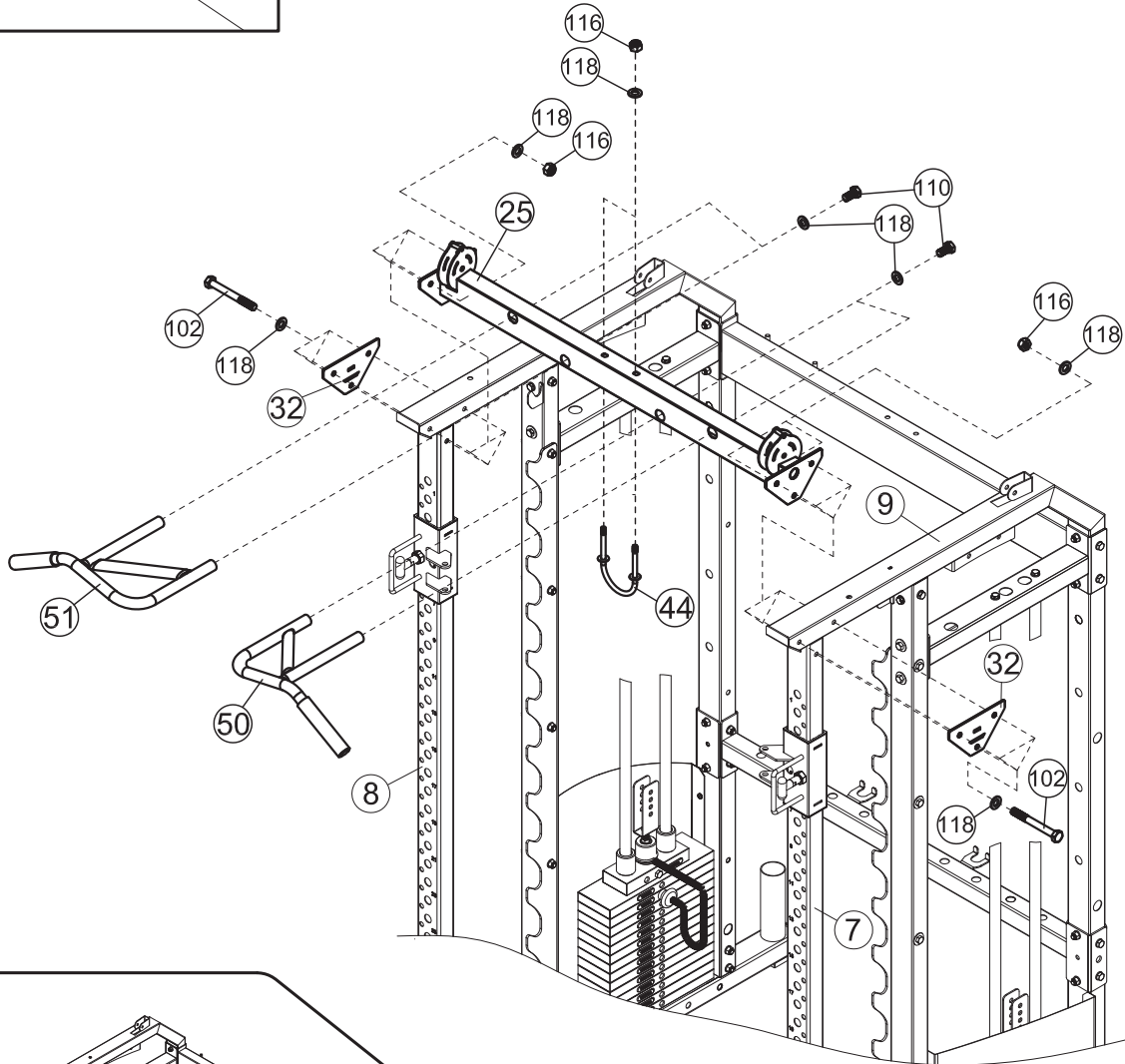
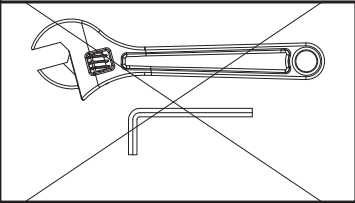
×10 M10

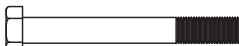





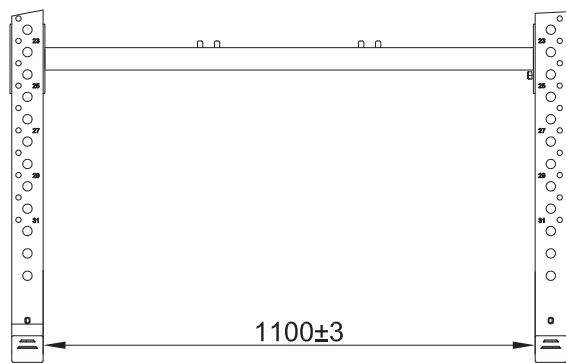
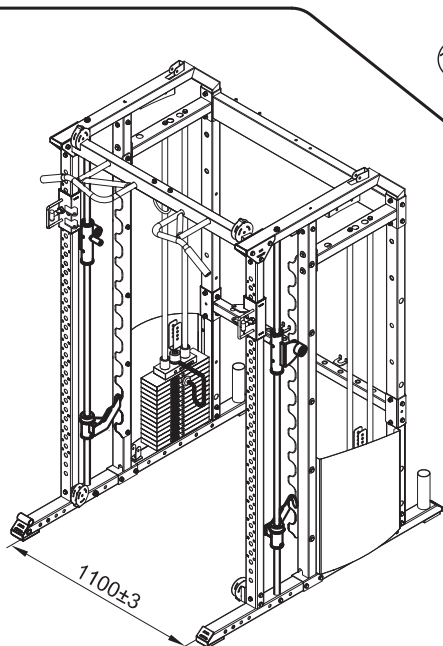
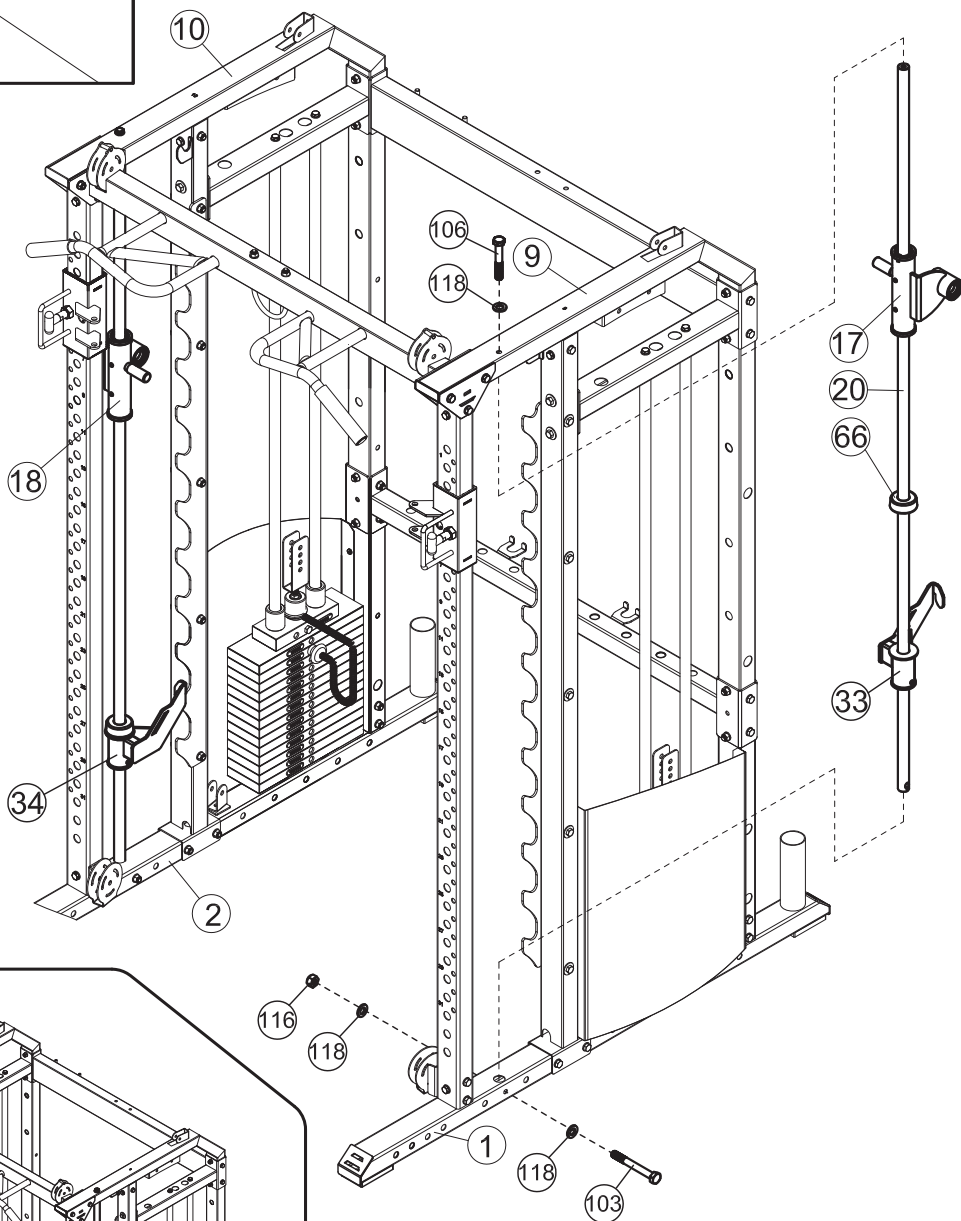
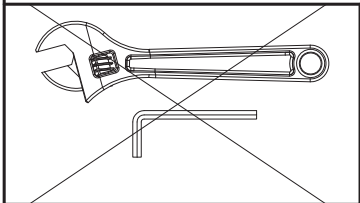
- |    |   |    |        |     |  |     |     |
|----|---|----|--------|-----|--|-----|-----|
| ⑩1 |  | x4 | M10x95 | ⑪18 |  | x16 | Φ10 |
| ⑩4 |  | x4 | M10x75 | ⑪6  |  | x4  | M10 |
| ⑩6 |  | x4 | M10x65 |     |  |     |     |












- |    |   |    |        |    |   |     |     |
|----|---|----|--------|----|---|-----|-----|
| ⑩② |  | x6 | M10x90 | ⑪⑧ |   | x18 | Φ10 |
| ⑪⑩ |  | x4 | M10x20 | ⑪⑥ |  | x8  | M10 |

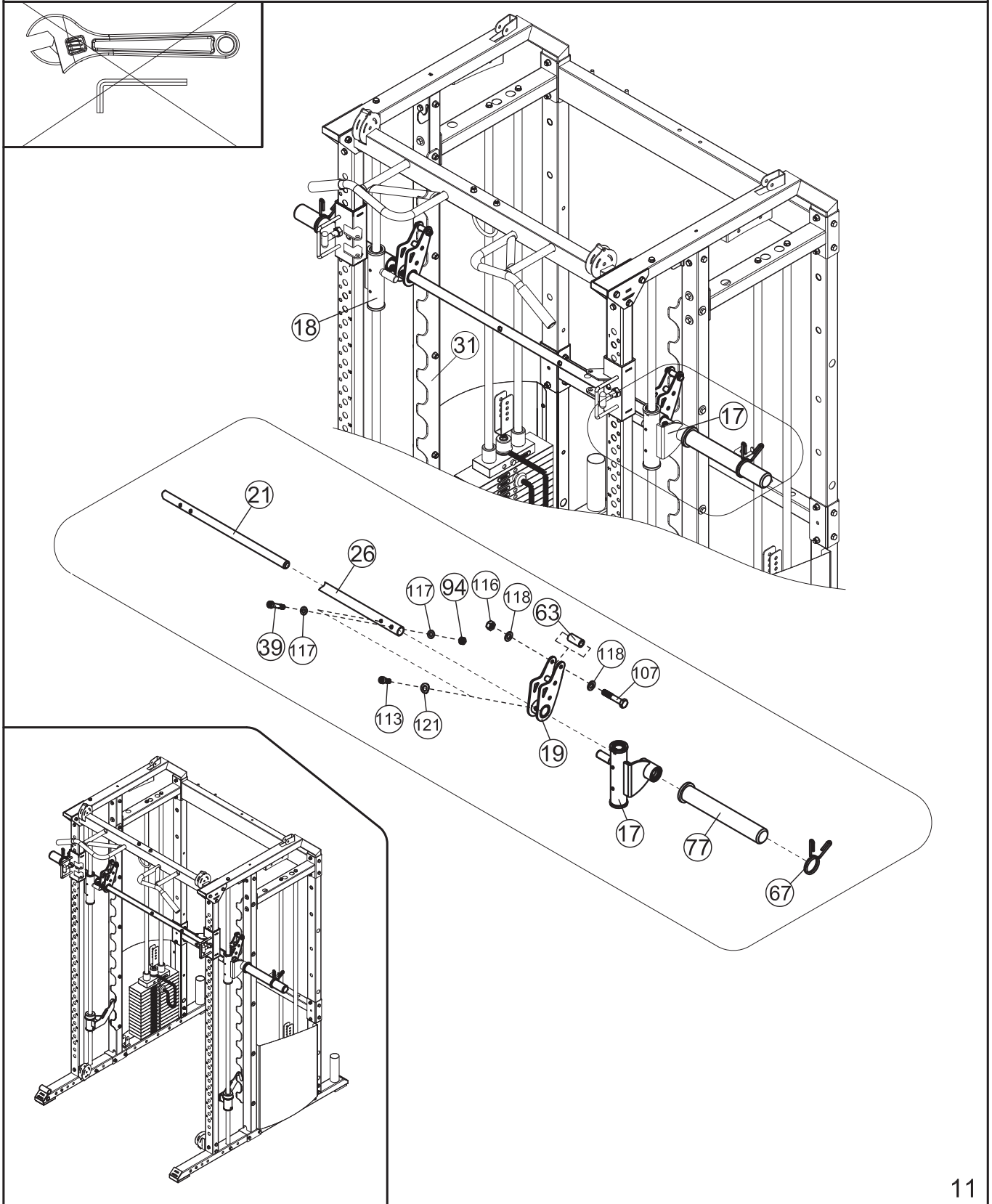
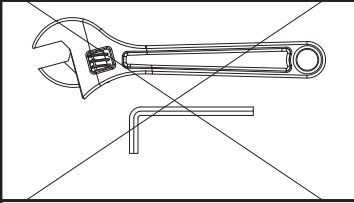


- |     |   |    |        |     |  |    |     |
|-----|---|----|--------|-----|--|----|-----|
| 103 |  | x2 | M10x85 | 118 |  | x6 | Φ10 |
| 106 |  | x2 | M10x65 | 116 |  | x2 | M10 |

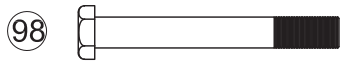


10

113		x2	M8x20	94			x2	M8
39		x2	M8x40	117			x4	Φ8
107		x2	M10x55	118			x4	Φ10
116		x2	M10	121		)	x2	R20xφ9







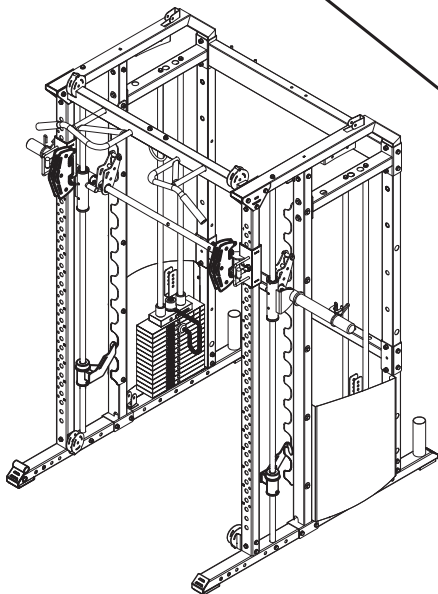
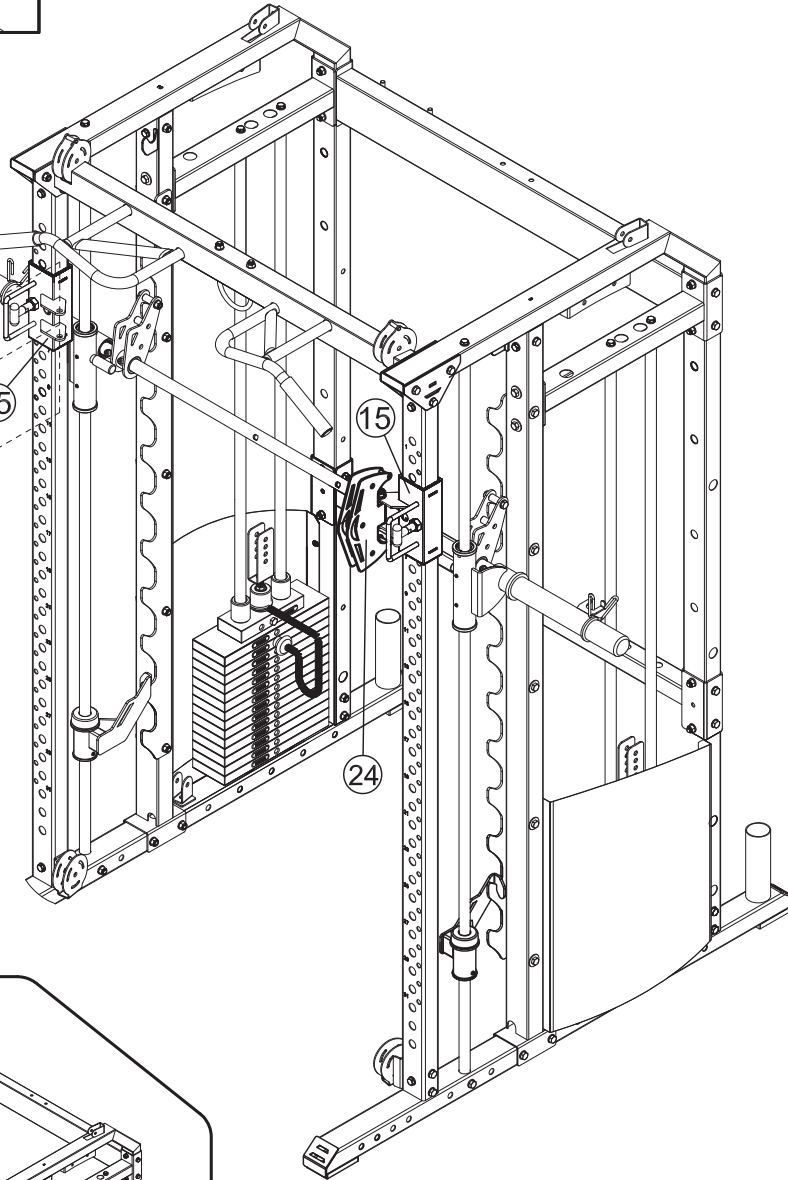
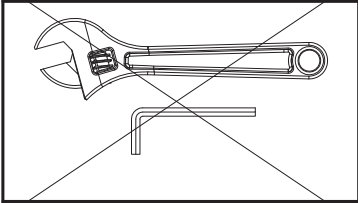
x2 M12x95

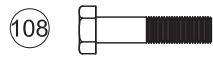


x4  $\Phi 12$



x2 M12



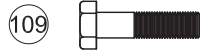


×16 M10×45

118



×38 Φ10

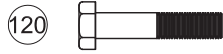


×2 M10×40

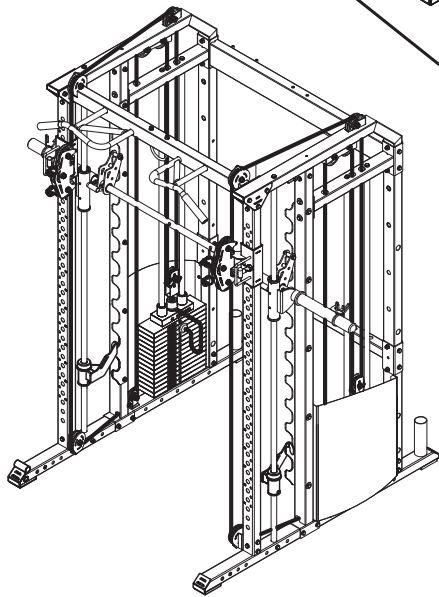
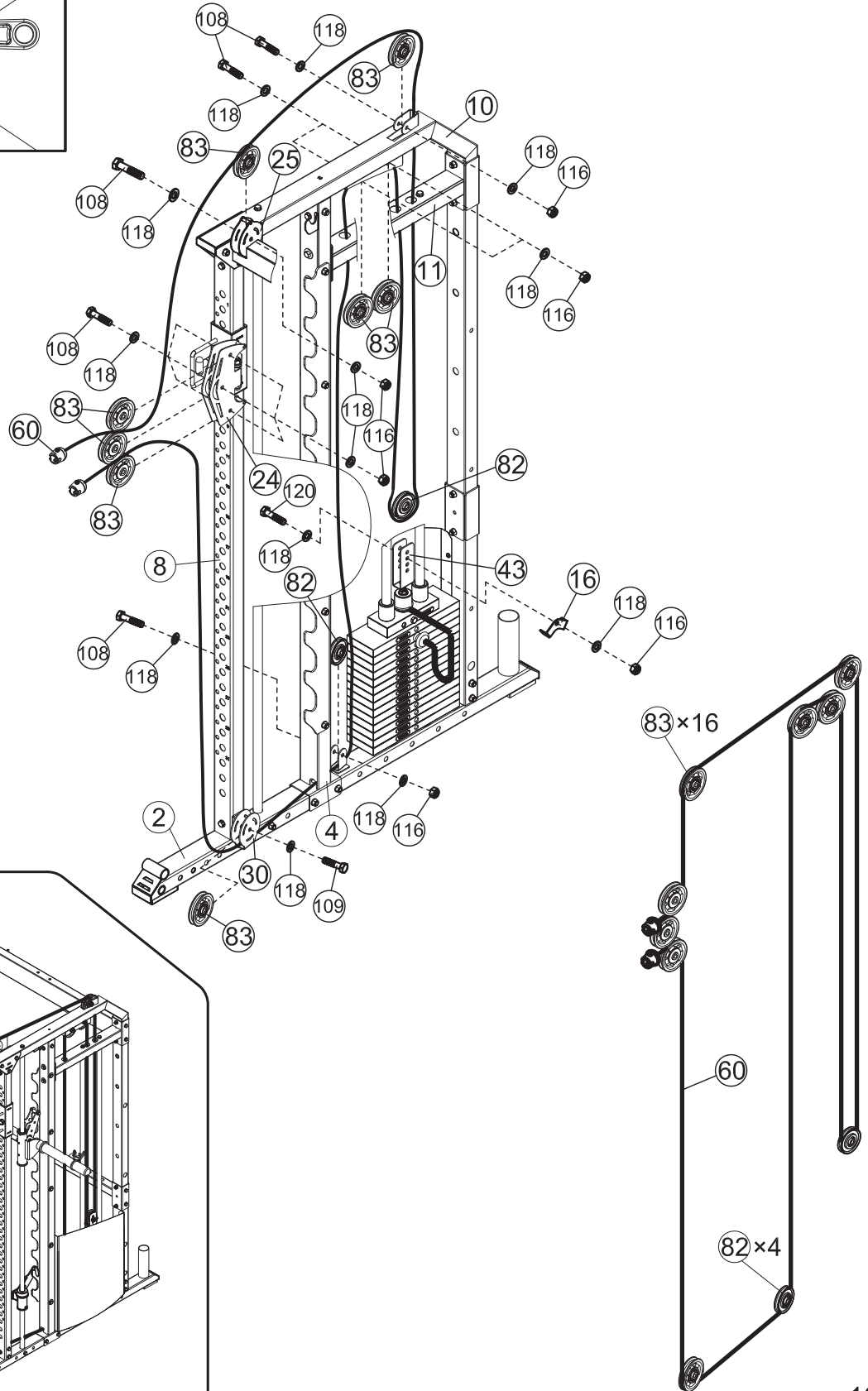
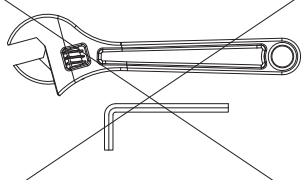
116



×18 M10



×2 M10×50





x6 M10x20

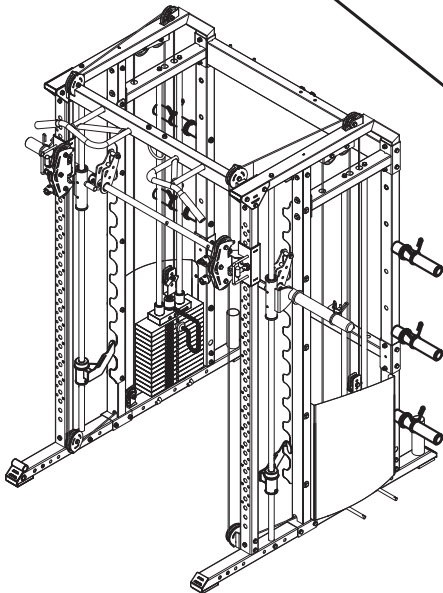
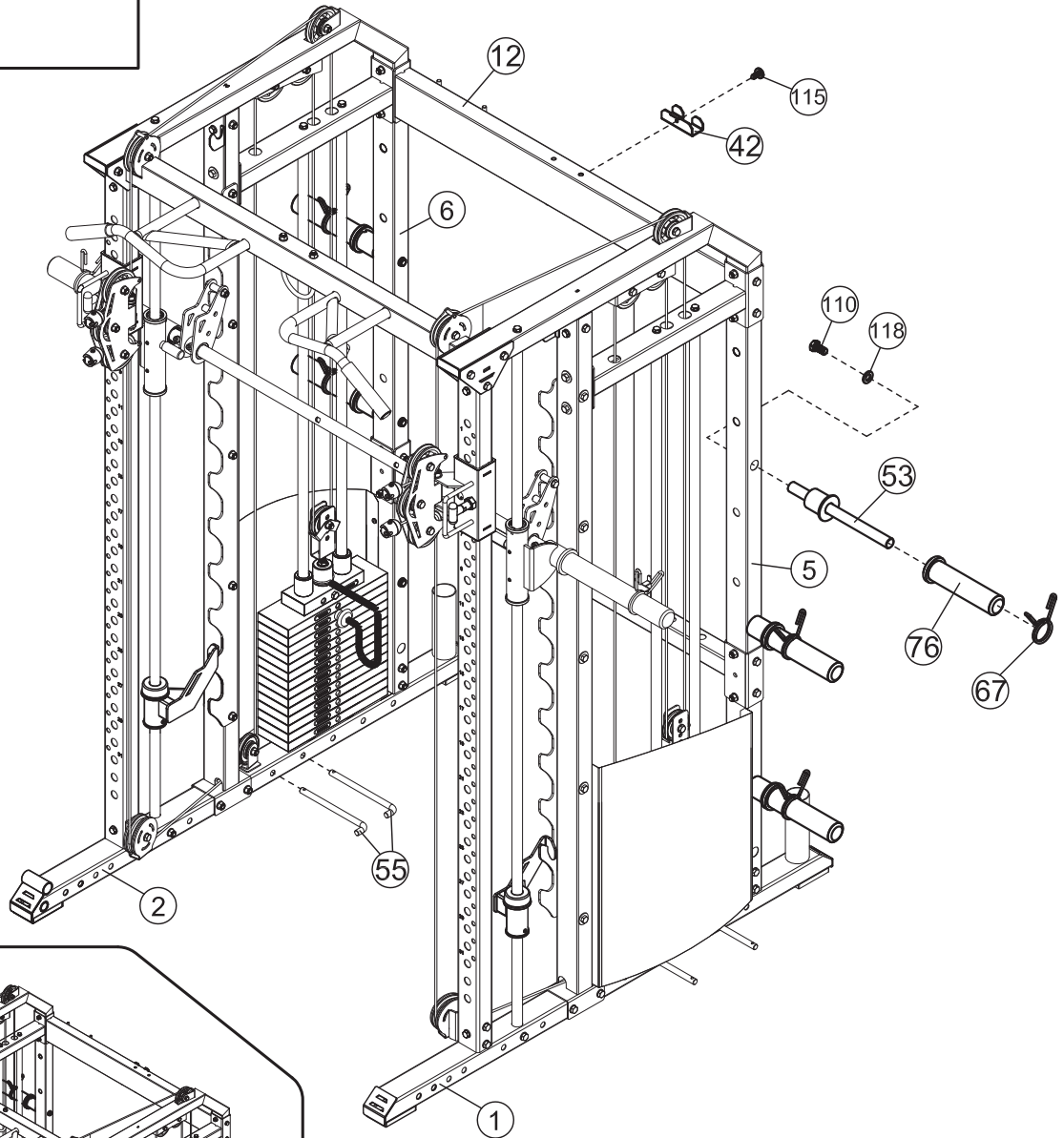
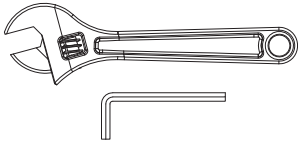
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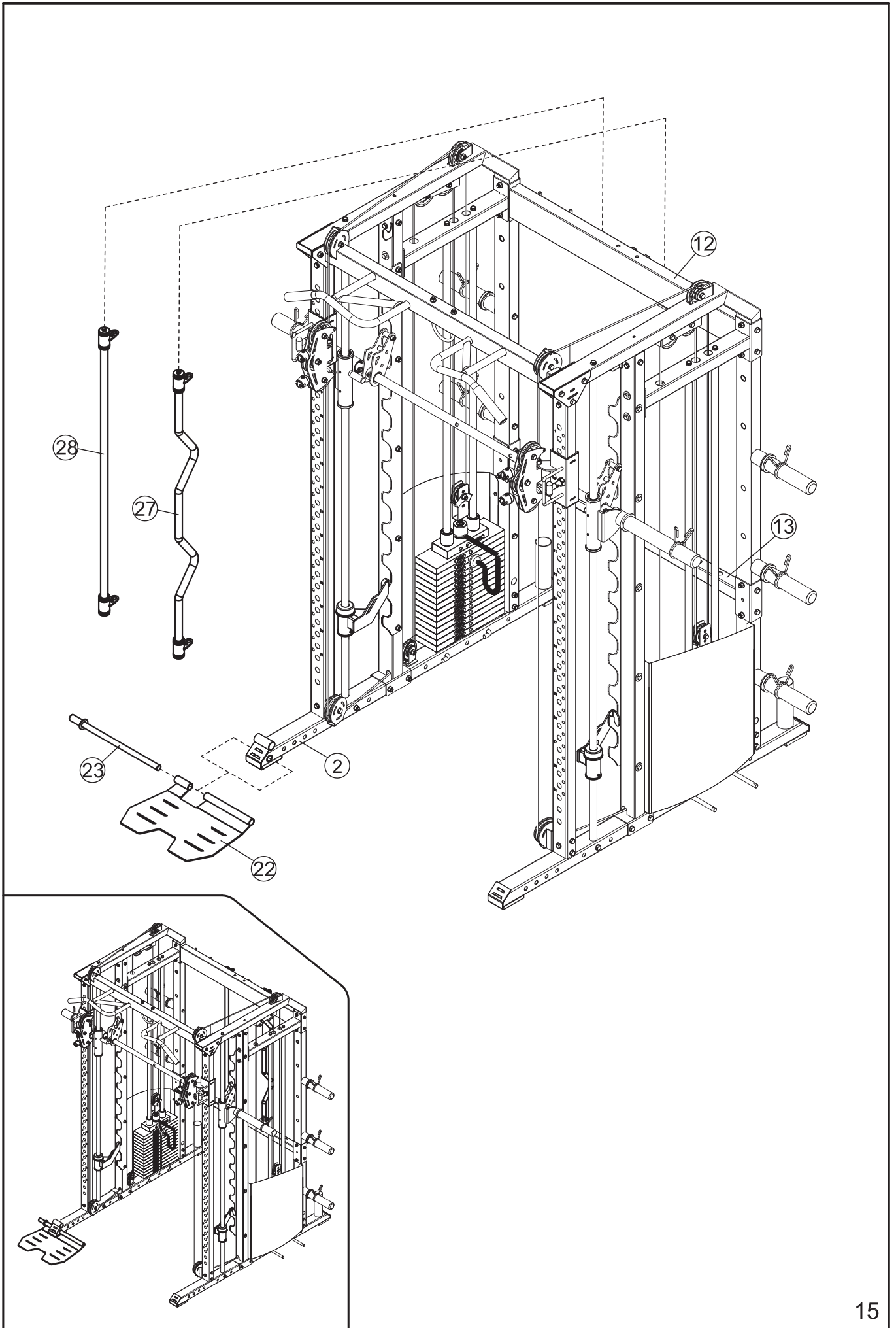


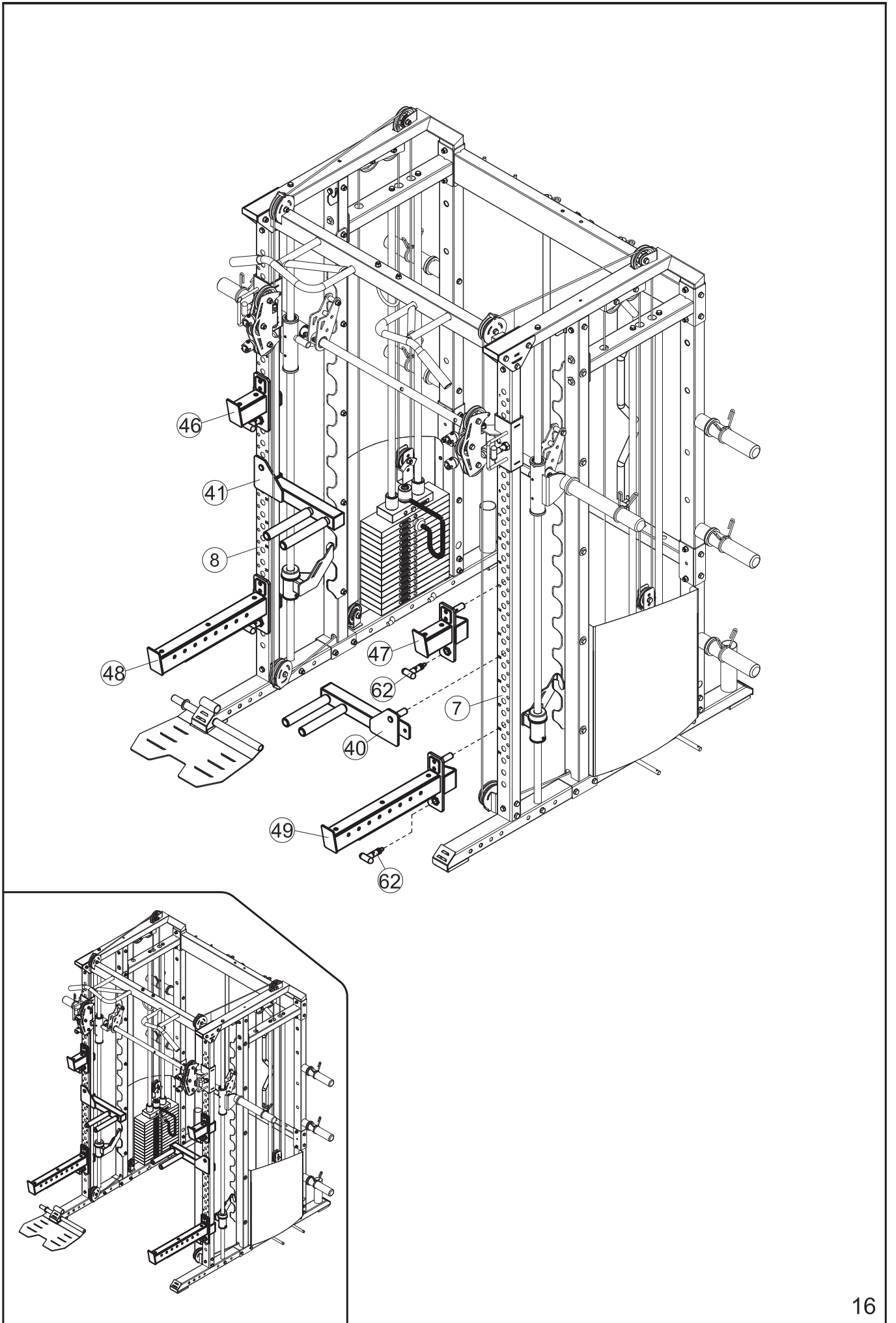
x6  $\Phi 10$

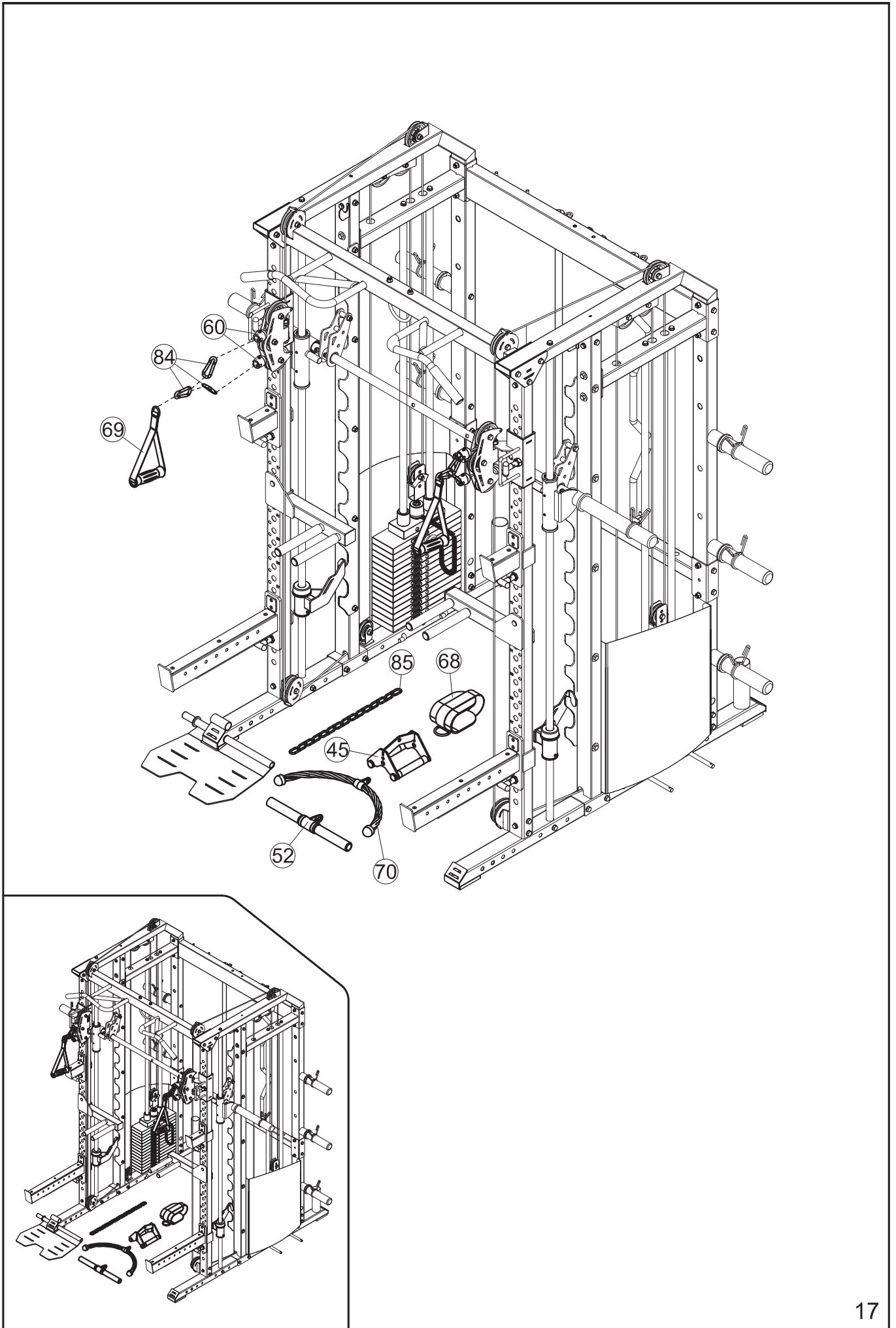


x1 ST4.8x13











## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame L		1
2	Base Frame R		1
3	Intermediate Stand L		1
4	Intermediate Stand R		1
5	Rear Post L		1
6	Rear Post R		1
7	Guide Shaft L	□50×70×2×1940	1
8	Guide Shaft R	□50×70×2×1940	1
9	Top Frame L		1
10	Top Frame R		1
11	Connecting frame		2
12	Connecting Frame Rear		1
13	Connecting Frame Rear		1
14	Guide Rod Rear		4
15	Sliding frame		2
16	Cable Retainer	84×45×25×2	2
17	Mobile rack L		1
18	Mobile rack R		1
19	Hanging Bar		2
20	Guide rod	Φ25×1978	2
21	Weight Rod	φ25×2000×M8	1
22	Foot Pedal Set		1
23	Rotating Shaft		1
24	Pulley Case		2
25	Horizontal bar		1
26	Weight Rod	φ30×2.5×1241	1
27	Cambered Bar		1
28	Straight Bar		1
29	Pulley Case L		1
30	Pulley Case R		1
31	Bar Catch Frame	1540×92×5	2
32	Bracket	176×100×3	2
33	Safety hook Bracket L		1
34	Safety hook Bracket R		1
35	Weight Plate Sticker (90kg)		2
36	Weight Stack Cover L	630×510×80×1.0	1



## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
37	Weight Stack Cover R	630×510×80×1.0	1
38	Nut	M12	2
39	Hexagon socket button	M8×45	2
40	Dip Bar		1
41	Dip Bar		1
42	Hangre	100×37×38×27×10×2	2
43	Pulley Case		2
44	Hook Frame		1
45	V-type handle		1
46	Safety hook Bracket		1
47	Safety hook Bracket		1
48	Long Safety Rack		1
49	Long Safety Rack		1
50	Left Chin-up Bar		1
51	Right Chin-up Bar		1
52	Small grip frame		1
53	Weights Stow Rod		6
54	Bar Handle		4
55	Weights Stow Rod	210×40×φ14	4
56	Bracket	155×75×50×4	2
57	Selector Rod	φ25×450 (14+1)	2
58	Top Weight Plate	198×76×33	2
59	Weight Plate	330×102×25(6KG)	28
60	Double pull cable	L=8390mm	2
61	Nut	M12	2
62	Moving Lock Pin		6
63	Tube	φ16×φ11×33	2
64	Slide Guide	□60×80×2.0×□50×70	4
65	Rubber Stopper	65×100×12	4
66	Rubber Stopper	φ62×φ24.5×25	6
67	Spring Clip	φ49	8
68	Ankle Strap		1
69	Nylon Strap Iso-Handle	L=245mm	2
70	Rope		1
71	Bushing	φ25×φ20×φ12.2×10	4
72	Washer	8	4

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
73	Rack Liner	52×45×5	4
74	Rack Liner	120×45×5	2
75	Rack Liner	505×45×5	2
76	Short Spacer	φ50×210	6
77	Long Spacer	φ50×335	2
78	Weight Selector Pin		2
79	End Cap	□50	2
80	Safety hook Bracket Guides	φ55×φ46×φ27×41	2
81	Bushing	φ38×φ34×φ27×26	8
82	Pulley	φ75	4
83	Pulley	φ96	16
84	Hook	φ8	6
85	15-Joint Chain	φ5	1
86	Sliding Rod Guide	φ55×φ46×φ40×73	4
87	Linear Motion Bearing	LB254058	4
88	Deep groove ball bearing	61905	4
89	Hole circlip	d0=40	4
90	Hole circlip	42	4
91	Dips Handle	φ23×200	4
92	Dips Handle	Φ23×150	4
93	End Cap	φ25	22
94	Nut	M10	2
95	End Cap	φ19	1
96	Tube End Cap	φ19×50	3
97	Bushing	φ38×φ9×8	4
98	HEX Bolt	M12×95	2
99	Washer	12	4
100	Screw	ST4.0×9	8
101	HEX Bolt	M10×95	8
102	HEX Bolt	M10×90	22
103	HEX Bolt	M10×85	12
104	HEX Bolt	M10×75	8
105	HEX Bolt	M10×70	4
106	HEX Bolt	M10×65	18
107	HEX Bolt	M10×55	2
108	HEX Bolt	M10×45	16

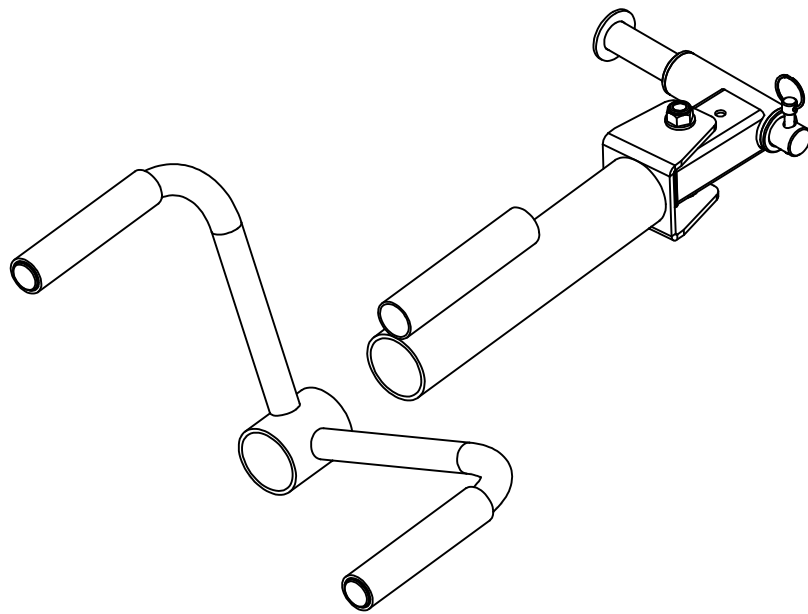
# PARTS LIST

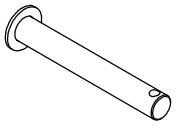
KEY NO.	PART DESCRIPTION	SPEC	QTY
109	HEX Bolt	M10×40	2
110	HEX Bolt	M10×20	10
111	Allen Bolt	M8×16	8
112	HEX Bolt	M8×25	4
113	Hexagon socket button	M8×20	2
114	Hexagon socket	M6×10	18
115	Screw	ST4.8×13	9
116	Nut	M10	76
117	Washer	8	4
118	Washer	10	162
119	Washer	φ30×φ10	14
120	HEX Bolt	M10×50	2
121	Washer	R20×φ9	2
	Allen wrench	6#	1
	Allen wrench	4#	1
	Allen wrench	3#	1

# **TCORX**

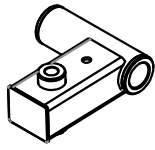
FITNESS IN MOTION

## **LANDMINE MANUAL**

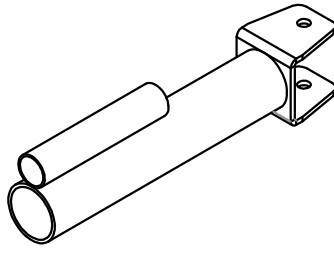




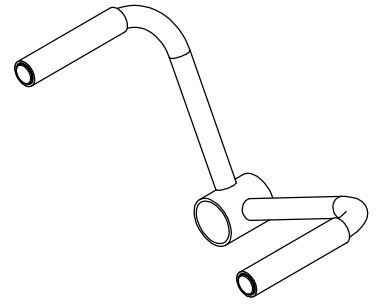
① ×1



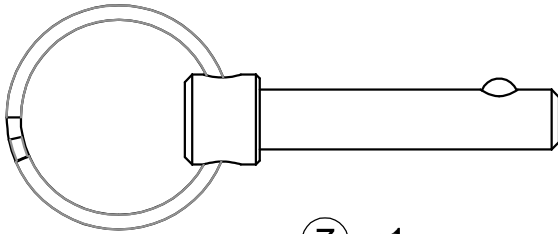
② ×1



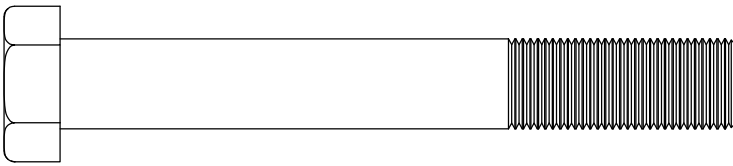
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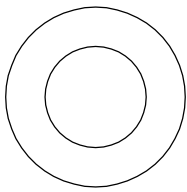
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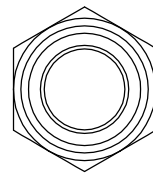
⑦ ×1



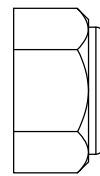
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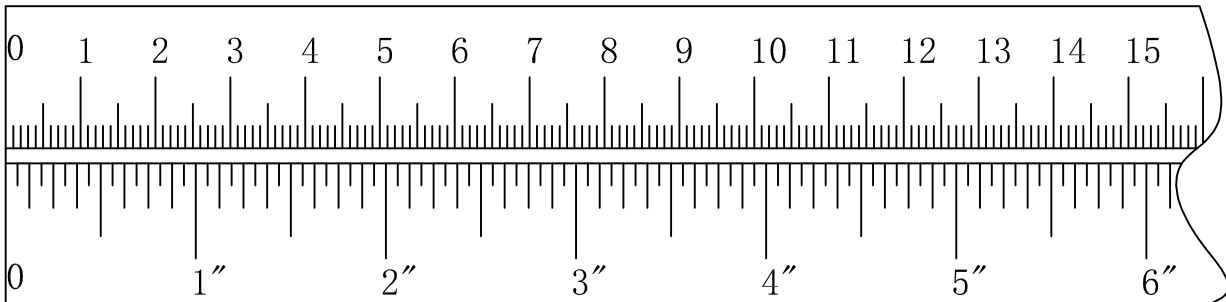
⑫ ×2



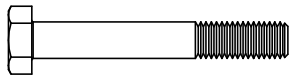
⑬ ×1



mm

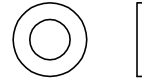


11



x1 M12x 90

12

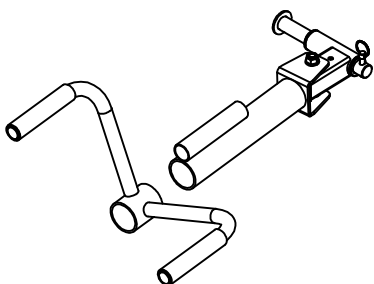
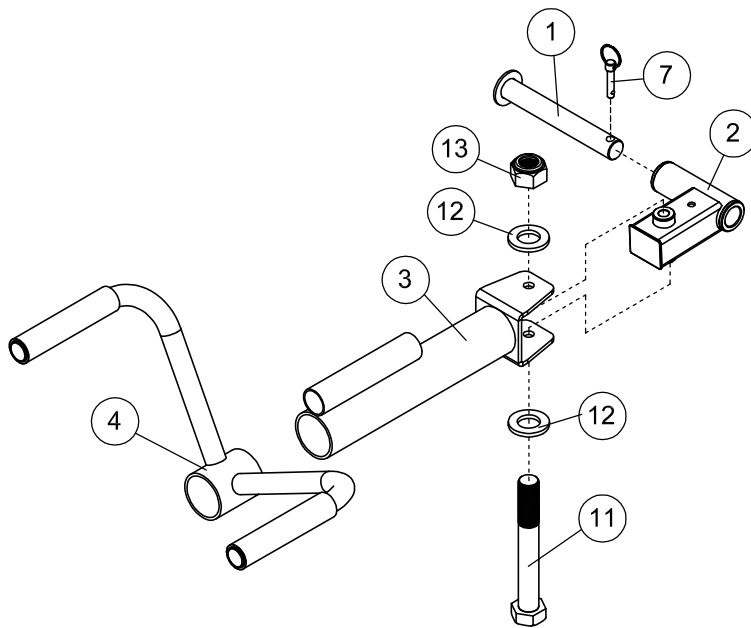
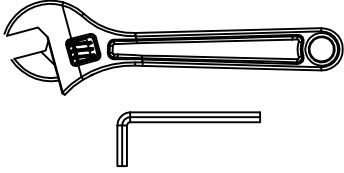


x2  $\Phi 24 \times \Phi 13$

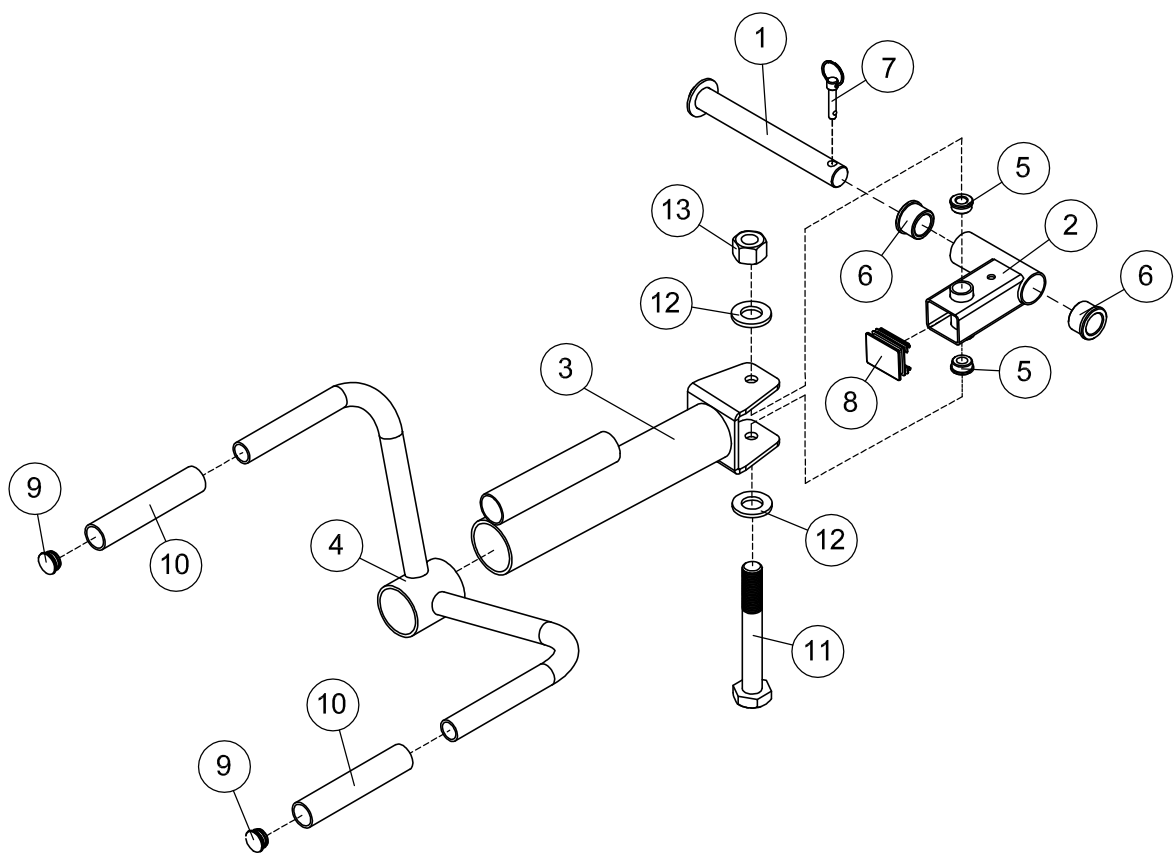
13



x1 M12



1



## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Rotating Shaft		1
2	Spacer		1
3	Rotating Frame		1
4	Handle		1
5	Bushing	$\varnothing 25 \times \varnothing 21.8 \times \varnothing 12.2 \times 8$	2
6	Bushing	$\varnothing 38 \times \varnothing 34 \times \varnothing 25 \times 22$	2
7	Pop Pin		1
8	End Cap	$\square 40 \times 50$	1
9	End Cap	$\varnothing 25$	2
10	Dips Handle	$\varnothing 23 \times 150$	2
11	Hex Bolt	M12 $\times$ 90	1
12	Washer	12	2
13	Nut	M12	1





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